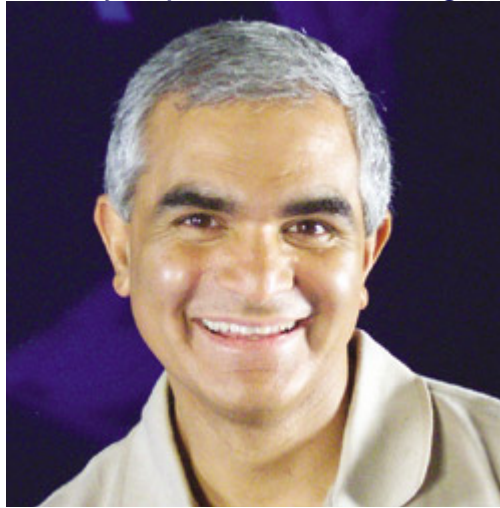


Menezes® Method Pilates UK September, 2010

But hurry! Spaces are booking fast!



BOOK NOW

All about the Core

Once in a while, something new comes along which changes the way you do things. It makes it better, faster, brighter, more sense!

Menezes Method Pilates is that something!

This superbly technical course will make you a brilliant Pilates Instructor – not just one of many already out there.

This program works fantastically in gyms, personal training, physiotherapy, kids, the elderly, pre and post natal, one-2-one, etc.*

Event Details

[All About the Core](#)

Location - Halton, nr Aylesbury

Date - Thursday 9th - Friday 10th September 2010

[All About the Core](#)

Location - Halton, nr Aylesbury

Date - Saturday 11th - Sunday 12th September 2010

SOLD OUT

[All About the Core](#)

Location - London - Canary Wharf

Date - Thursday 16th - Friday 17th September 2010

All About the Core

Location - London - Canary Wharf

Date - Saturday 18th - Sunday 19th September 2010

EXTRA WORKSHOP ADDED:

The Breathing Makes the Exercise

Location - London - Canary Wharf

Date - Monday 20th September 2010

Allan will also be available for private sessions in all locations – Please [EMAIL ALLAN](#) to check for availability.

These courses are open to qualified fitness instructors, physiotherapists, yoga instructors, qualified movement specialists and other Pilates instructors.

"I couldn't believe that after a 4 day course with Allan my body shape changed even though I am a Pilates instructor" J.Parente, Gold Coast



We will also show you:

- Why 'neutral spine' does NOT work effectively (Jo Pilates never used it!)
- How to improve your lung capacity by 20% in 2 minutes
- How breathing make your exercises easier (Separate workshop)
- How to cue and sequence with professionalism and confidence
- How to make your abs work 25% more effectively for contraction work, and MORE!

We will PROVE to you that everything we teach has a functional purpose, not just a movement because "Pilates said so"!

Allan's ability to 'think outside the box' (coming from an athletic and non-balletic background) as well as a severe back injury, has allowed him to create movement never seen before in the pilates or fitness worlds.

"TO BE TERRIFIC – YOU HAVE TO BE SPECIFIC" - Allan Menezes

The Menezes® Method Pilates courses are the most functional approach to Pilates ever seen - for your clients benefit, through your specific instruction!

Allan is the author of the bestselling, "**The Complete Guide to the Pilates Method**" and 13 DVDs all sold internationally. His book has been used as a training manual for various Pilates training organizations as his 4 Chapters on Theory is the most comprehensive in any pilates book.

"WE ALSO USE THE KISS PRINCIPLE WHEN TEACHING – KEEP IT SHORT AND SPECIFIC" - Allan Menezes

Even if you have completed another Pilates course, this will open your eyes to such amazing concepts you will ask yourself , "Why doesn't everyone teach this way?"

Allan Menezes, the pioneer of Pilates in Australia and founder of Menezes Method Pilates, will be conducting workshops in the UK as he did successfully a few years ago in Gloucestershire. As an international Pilates lecturer with one of the highest profiles in the Pilates Industry.

Allan has a unique insight into analysis of exercise movements and the biomechanical applications of the movement to everyday life. Allan was trained by Alan Herdman in the early '80s, but coming from an athletic background, he developed an 'athletic' style of pilates devoted to improving an athlete's performance. This has developed into a completely new style to make every movement count to achieve a specific result.

There are limits to the number of attendees per course in all venues – so book early.

"I would recommend these workshops because of high standards, 'scientific' background, precision and professionalism" Karin Stephens Physiotherapist - AIS Cycling Australia

**What you will receive in your courses:
Menezes Method Pilates Workshops:**

- 2 day intensive bio-mechanical approach to the Core.
- What is all the fuss about.
- How to use your core effectively
- Why neutral spine reduces core activation.
- How to work your core without doing stomach crunches and more....

"The information I received and the specific knowledge I gained in my one day course far exceeded that which I received in my entire Fundamentals 4 day course through (another company). I realize the difference between attending a course and simply receiving a certificate to teach and attending a course and becoming a highly trained and skilled professional." Kerrie Coy - Adelaide

FREE BONUS

When booking these workshops you will receive "**Menezes Method Pilates – Theory Manual**" absolutely **FREE**, which is not available anywhere else.

ALSO: FREE Menezes Pilates Floor 1 DVD (one per person)

Your Investment

Education at this level is priceless! What you will learn on these courses is far more than you will learn on other courses. Keep in mind – if you pay peanuts, you'll get...!

Once you have paid the deposit we will contact you for details of the final payment.

Allan Menezes will also be conducting Floor and Reformer training in the UK in 2011.

BOOK NOW
